Below is the tentative schedule for November and December 2020. Track repeats are run each Tuesday at the Furman University Track. Warm-up begins at the PAC at 12:30pm with repeats typically performed on the track beginning at approximately 12:45pm. For those that do not have access to a track, a flat section of road that avoids 90 degree turns or a public trail can work as a suitable substitute for track-type workouts.

All workouts include 5 min. of dynamic drills prior to your run; even before you start your warm-up. A description of the 5 dynamic drills is provided on page 195–199 of *Train Smart, Run Forever*. After a 10 to 20 min. warm-up of easy jogging, include four repeats of 100 meters of drills and strides. After doing approximately 10 meters of high knee lifts, gradually accelerate for 80 meters until you reach approximately 90% of full speed and then decelerate over the final 10 meters. Recover for 30 seconds or less, then repeat in the opposite direction. Repeat the same sequence substituting butt kicks for high knee lifts. A description of these two drills is provided on pages 181-182 in *Run Less, Run Faster*.

Unless specified, use the FIRST Key Run #1 target times for these workouts (see *Run Less, Run Faster* pages 66-70).

These workouts are different than those in *Run Less, Run Faster*, you can complete the workouts listed in the book or feel free to try these workouts. The recovery interval (RI), which is indicated in parentheses, may be a specified time interval or a distance that you walk/jog.

After your repeat workout on the track, a cool down is important. Jog slowly for 10-15 minutes.

17, Nov.  800m (200m walk/jog RI), 1600m (400m RI), 4 x (400m [60 sec. RI])

24, Nov.  6 x [400m (RI = 100m), 400m (RI = 300m)]
the RI for the pair of 400s is not to exceed the running time for pair of 400s
Example: if you run each 400m in 90 seconds, then running time is 3 min (1:30+1:30);
So RI could be 1 min. for the 100m recovery and 2 min. for the 300m recovery.

1, Dec.  a 400m track is best for this one: 1000m (RI = 90 sec.), 900m (RI = 90 sec.), 800m (RI = 90 sec.),
700m (RI = 90 sec.), 600m (RI = 90 sec.), 500m (RI = 90 sec.), 400m (RI = 90 sec.)

8, Dec.  1 x 400m (200m RI)  
3000m @ 5K race pace (400m RI); yes, that is 7.5 laps on a 400m track  
3 x 400m (200m RI)  
2 x 200m (200m RI)

15, Dec.  2 x 600m (200m RI), 1600m (400m RI); 2 x [600m (200m RI), 200m (200m RI)]

22, Dec.  1000m (90 sec. RI), 2000m (400m RI), 1000m (90 sec. RI), 1000m

29, Dec.  8 x 600m (RI = 200m)

4, Jan.  start 2021 off with by identifying your current running fitness; 3 x 1600m (60 sec. RI)